

Beating cancer, diabetes, and degenerative disease

The following words describe the current health crisis in the developed world. I am not a conspiracy theorist, but a die-hard capitalist who knows the risks of capitalism -- without truly free speech (that means self-publication) information does not get out there. Period. And a lack of information *kills people everyday.*

WE ARE NOT VICTIMS

Common sense is relative. It is not "sense shared by the commonly ignorant," but rather a method of piecing together the whole puzzle based on information readily at hand. So...what makes common sense so rare, anyway? Certainly judging from world politics, religion, nutrition or anything else where people get dogmatic, the tendency is to complicate the issues. After all, if only YOU can understand the given area of expertise, you will conveniently be the only expert. Enter a plethora of religions, philosophies, and ... diets.

When it comes to the field of nutrition, nothing could be more complicated. Extremes are the norm. "Experts" and "gurus" with little or no credentials -- albeit plenty of charisma -- abound to give new hope, along with a strong dose of reality when the chips finally fall into your lap.

The bottom line, however, is that no one can tell you how your body will react to any given program. It's all way too complicated, given the average overly-medicated person who subsists on whatever new dietary stimulant comes their way. Coffee is breakfast. Candy bars for the 3 o'clock low. And a HUGE meal when suppertime rolls around -- indeed, you may find yourself rolling away from it right into bed. But if you can't sleep, thank God you saw that commercial for Lunesta. What's missing here, anyway?

Of course, that's not you. You watch the daily news and are aware of the dangers of too many carbs. Or, then again, too many fats. The benefits of aspirin. All that important stuff. But you never really see a profound difference when changing dietary habits, do you? Which of course means that your doctor is right, that all this stuff is just genetic. Too bad, buddy, you're screwed -- that is, until they find the "magic bullet." And after all, they're pretty darn close.

Now don't get me wrong. Medications have their place, especially when it comes to acute emergencies. On a very personal note, I would not be here today if it weren't for my year-long ride on the drug carousel. But the ultimately fatal mistake is in thinking that nature has us beat, or that we've beaten nature. We don't live in a bubble of civilization when it comes to our food and drugs, no matter

how hard we try. Scientists suggest that we marinate our GMO soy patties in GMO soy sauce before frying them -- to keep the toxins from accumulating. Yum. Somehow, we're missing the big picture here.

What if there was a way to simplify everything at once, to get back to the basics of our actual bodily needs and functions? To put aside the crutches, the excuses, and see that big picture again? Aside from the "just genetics" theory, and thinking we're "just too old" to do that anymore -- what if there were another way?

You may say that in reality, if the science were out there to make our bodies function as nature intended-- if we no longer worried about juvenile diabetes and the obesity epidemic, if we could look amazing without trying and not spend billions on plastic surgery, if we could sleep less and eat more with no worries, even put cancer into permanent remission -- surely we would have known about it by now. Generations of doctors and dieticians can't all be wrong.

Welcome to the town of Allopath. Or actually, you're exiting it as we speak. This is a mythical town where no stop signs or traffic lights exist, and traffic accidents are of course a daily occurrence. When the mayor calls on the experts to find out what's wrong, they scrupulously study every accident scene for clues, and arrive at a shocking conclusion -- the entire town has "skid marks" disease. This of course, since there is a 100% correlation to the accidents, must be the cause of them. A nice coating of teflon on all the streets should do the trick. But when a hermit comes into town and gives them all a dose of common sense -- to organize a logical traffic system -- they opt for the easier solution, the more economic one -- to employ lots people to cover up the those pesky skid marks! Though a few townspeople suspect that the situation is only getting worse, they turn to the experts with their concerns and are promptly reassured. Besides, half of them rely on jobs involved with either manufacturing the teflon, coating the streets or repairing broken limbs!!! They are sure things will work out in the end, if they just stay the course ...

Of course, you see where this is going. Treating the symptoms instead of the root problem has been our mantra for so long, we find it increasingly hard to break away. The good news is that we are still individuals with choices. We can empower ourselves with knowledge and some good old-fashioned common sense if we want. It's just a matter of deciding that we aren't going to be victims a moment longer.

So what in the world does that have to do with what you eat? Everything. Half a century ago, doctors advised pregnant women which cigarettes to smoke and "Wonderbread" was for building strong bones. Who is going to pay for this generation's mistakes if we continue to "live" outside nature? Physical health breeds emotional/intellectual/spiritual health. In short, physical health is the very cornerstone of our being, and dietary habits are 95% of our physiology. There is one phrase you can

find in any major culture -- you are what you eat. Common sense. But mere common sense can empower you in a way never thought possible by mere diet alone, causing a domino effect in every aspect of life.

Do I have all the answers? Nope. But guess what? YOU do. Your body is designed to tell you exactly what it needs, once it's no longer being sent these mixed messages. Send it a clear, strong message, and it'll send you back a thousand. Prove it to yourself. Two weeks is all it usually takes, probably the best investment of time you can make for your family over the course of a lifetime. Freedom is just around the corner, so look sharp!